

WHAT IS CLAIMED IS:

1. An agent for preventing, improving or treating hypertension, comprising the following components (A) and  
5 (B):

(A) a compound selected from the group consisting of caffeic acid, chlorogenic acid and ferulic acid, and esters and pharmaceutically acceptable salts thereof; and

(B) a component selected from the group consisting  
10 of central nervous system stimulating components, food fibers, extracts of perennial evergreen leaves of the genus *Camellia*, *Theaceae*, or *Eucommia ulmoides* Oliver, *Eucommiae*, organic acids having a molecular weight of 60 to 300 and pharmaceutically acceptable salts thereof, and  
15 sugar alcohols.

2. The agent according to Claim 1 for preventing, improving or treating hypertension, wherein the component (B) is selected from the group consisting of heat  
20 components of ginger, red pepper and pepper.

3. The agent according to Claim 1 for preventing, improving or treating hypertension, wherein the component (B) is selected from the group consisting of fermented  
25 products of grains, fruit juices and extracts thereof.

4. A food comprising the agent according to any one

of Claims 1 to 3 for preventing, improving or treating hypertension.

5        5. The food according to Claim 4, wherein the food  
is a drink.

6. A method of treating hypertension, which  
comprises administering effective amounts of the following  
components (A) and (B):

10        (A) a compound selected from the group consisting of  
caffeic acid, chlorogenic acid and ferulic acid, and  
esters and pharmaceutically acceptable salts thereof; and

15        (B) a component selected from the group consisting  
of central nervous system stimulating components, food  
fibers, extracts of perennial evergreen leaves of the  
genus *Camellia*, *Theaceae*, or *Eucommia ulmoides* Oliver,  
*Eucommiae*, organic acids having a molecular weight of 60  
to 300 (excluding citric acid) and pharmaceutically  
acceptable salts thereof, and sugar alcohols.